The goal of Summer Social Emotional Learning Activities is to provide opportunities for students to learn anytime and anywhere. The support staff of the Rock Island-Milan school district have been working hard to determine how we can continue to provide valuable learning opportunities for all of our students around social and emotional learning.

As students learn social and emotional skills, it is important that they have opportunities to practice and apply the skills in actual situations and be recognized for using these skills across a variety of settings. Prioritizing social and emotional learning in schools, and building bonds between students, parents, schools, coaches, and more is crucial in creating a safe learning community and helping to give kids the skills and social and emotional tools they’ll need for success.

This opportunity will provide meaningful independent activities for students to continue their learning at home. We have created a choice board for students to use during the summer weeks. Students are allowed to select the activities they would like to complete and discuss with a family member. There will also be activities for families and staff to improve our own skills around social emotional learning.

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Daily Living</strong> (practice hygiene, sort laundry, clean....)</td>
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<tr>
<td><strong>Wash Your Hands</strong></td>
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<tr>
<td>A. Clean up your yard OR B. Wash the windows</td>
<td>A. Take the garbage to the curb for pickup OR B. Clean the toilet</td>
<td>A. Help cook dinner OR B. Make lunch for your family</td>
</tr>
</tbody>
</table>
| Journal: Choose 1 prompt below to write about or share with a family member or friend. | Social Emotional  
How are you managing stress during this difficult time? Here is a video that may give you some additional ideas.  
https://youtu.be/uQ5AVDjsxso0 | Journal: Choose 1 prompt below to write about or share with a family member or friend. |
|---|---|---|
| 1. What is the bravest thing you've ever done?  
2. Write about a time when you did something you were afraid to try. How did you feel afterward? | Adult Activity  
If your body is tense, there’s a good chance your posture will suffer.  
Sit up tall, take a deep breath, and drop your shoulders, unclench your jaw, and unstick your tongue from the roof of your mouth. Take a few deep breaths. You can do this several times a day. | Adult Activity  
Practice using your senses to notice your surroundings. Find something you can...  
-Hear  
-See  
-Touch  
-Smell  
-Taste |
| 1. Write about a person you admire. What qualities do you have in common with this person?  
2. Name three qualities you love about yourself. | Adult Activity  
Grab some headphones and tune in to your favorite music. Listening to music can have a very calming effect on your body and mind. |